



# Braunschweiger Spread

 **Gluten Free**

READY IN



**125 min.**

SERVINGS



**5**

CALORIES



**502 kcal**

CONDIMENT

DIP

SPREAD

## Ingredients

- 8 ounce cream cheese softened
- 5 ounce olive green pitted
- 2 drops catsup
- 1 pound braunschweiger liverwurst
- 0.5 onion chopped
- 2 teaspoons steak sauce

## Equipment

- mixing bowl

## Directions

- In a medium-size mixing bowl, combine braunschweiger, cream cheese, ketchup, onion, and steak sauce.
- Mix until blended. Shape mixture into a ball. Press olives into the ball. Chill before serving.

## Nutrition Facts

**PROTEIN 12.7%** **FAT 81.7%** **CARBS 5.6%**

## Properties

Glycemic Index:16.4, Glycemic Load:1.46, Inflammation Score:-10, Nutrition Score:24.54739113476%

## Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 501.93kcal (25.1%), Fat: 45.81g (70.48%), Saturated Fat: 19.36g (120.99%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 5.93g (2.16%), Sugar: 2.57g (2.85%), Cholesterol: 189.15mg (63.05%), Sodium: 1395.33mg (60.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.02g (32.04%), Vitamin A: 25826.66IU (516.53%), Vitamin B12: 12.31µg (205.17%), Selenium: 56.84µg (81.2%), Vitamin B2: 1.05mg (61.48%), Iron: 6.04mg (33.56%), Vitamin B5: 2.95mg (29.55%), Phosphorus: 262.14mg (26.21%), Vitamin B3: 4.04mg (20.21%), Vitamin B1: 0.27mg (17.92%), Zinc: 2.35mg (15.66%), Copper: 0.27mg (13.38%), Vitamin B6: 0.22mg (11.1%), Vitamin E: 1.5mg (9.98%), Folate: 34.4µg (8.6%), Calcium: 85.22mg (8.52%), Manganese: 0.16mg (8.15%), Potassium: 248.18mg (7.09%), Magnesium: 19.51mg (4.88%), Fiber: 1.15g (4.59%), Vitamin K: 1.44µg (1.37%), Vitamin C: 0.94mg (1.14%)